

What do cooks do?

Cooks prepare and cook everything from appetizers, main courses, and desserts to complete meals. These skilled workers cook and handle food, plan menus, determine the size of food portions, estimate food requirements and costs, supervise other kitchen help, and monitor and order supplies.



"Being a cook takes initiative, stamina, teamwork, and a good sense of taste and style, as well as passion.

It's one of those rare jobs that gives you the satisfaction of seeing the final result of your work. At age 23, my apprenticeship has taken me to winning a gold medal at a national awards competition and to working in an internationally respected restaurant."

Mélanie Leroux, apprentice cook



QUICK FACTS ON APPRENTICESHIP TRAINING FOR A COOK

Length of time to train	Three years
Courses and skills that can help you prepare for a career as a cook	Communications skills and math are assets, as is the ability to work in a team and under pressure
Salary range for apprentices and skilled cooks (overtime and bonuses not included)	\$13,000 to \$36,000

The outlook for work as a cook

Hospitality is the fastest-growing industry in the country, and demand for cooks specializing in popular ethnic cuisine is growing. With more people dining away from home, job opportunities are increasing and many job openings will be created as older cooks retire. Most new jobs are in hotels, clubs, and restaurants, although jobs are also available in institutions, such as hospitals, and catering firms. As people age, more specialized foods are going to be required in nursing homes and hospitals.

Apprenticeship training

Apprenticeship is hands-on training for people who enjoy learning by doing. The training provides access to well-paying jobs that demand a high level of skills, judgement, and creativity. Apprentices are paid while gaining work experience, and their wages increase with their level of skills.

About 90 per cent of apprenticeship training is provided in the workplace by employers. The remainder involves classroom instruction on theory, which is usually given at a local community college or provided by another approved training organization.

To become an apprentice cook, an applicant must find an employer who is willing to train. Such jobs are rarely advertised, and, instead, employers often rely on word of mouth to attract applicants. People who want to become apprentices usually apply directly to an employer, union, or joint industrial committee.

Skilled workers who have received their training in Ontario can work anywhere in the province. Agreements among the provinces and territories allow certified skilled workers in certain trades to work anywhere in Canada. Training consultants at ministry apprenticeship offices can provide more information.

For more information

If you have a question about becoming an apprentice cook, call the Ontario government's Training Hotline at **1-888-JOBGROW**. In Toronto, call **(416) 326-5656**.

If you are in high school, talk to your guidance counsellor. If you are in college or university, contact your campus placement office for help.

To find out about a career as a cook, check out the Career Gateway at www.youthjobs.gov.on.ca.

Information in this flyer came from *Ontario Job Futures* and the Ontario Ministry of Training, Colleges and Universities.



WHAT APPRENTICES AND SKILLED WORKERS SAY ABOUT APPRENTICESHIP TRAINING

Apprenticeship training is relevant to the job I do now.	81 per cent
If faced with the same decision, I would choose to take apprenticeship training again.	85 per cent

A menu for success

CA 20N
DG
-Z026



be a cook



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